

# CLAIMS

We claim:

- Sub 917
- 5 ① An exercise unit comprising:  
a frame;  
a seat positioned on said frame;  
a resistance engine attached to said frame and utilizing  
elastomere springs;  
an actuator attached to said resistance engine  
wherein said resistance engine provides a constant load to a user  
when said actuator is actuated.
  - 10 2. An exercise unit as defined in claim 1, wherein said resistance  
engine is able to be selectively pre-loaded.
  3. An exercise unit as defined in claim 1, wherein:  
said actuator is a cable.
  - 15 4. An exercise unit as defined in claim 3, wherein:  
said cable is a cord.
  5. An exercise unit as defined in claim 1, wherein:  
said frame defines a bench; and  
said resistance engine is positioned completely below said seat.
  - 20 6. An exercise unit as defined in claim 3, further comprising:  
a spiral pulley positioned between said resistance engine and  
said cable.
  7. An exercise unit as defined in claim 3, further comprising:  
~~means for~~ modifying said increasing load into a constant load  
when a user actuates said resistance engine.
  - 25 8. An exercise unit as defined in claim 7, wherein said means  
comprises a spiral pulley.
  9. An exercise unit comprising:  
a frame;  
a seat positioned on said frame;

TOP SECRET

*what is this?*  
*spiral pulley*

means, attached to said frame, for providing a constant load to a user, said means utilizing resilient bands;

an actuator attached to said means.

10. An exercise unit as defined in claim 9, wherein:  
said means are located below said seat.

11. An exercise unit as defined in claim 10, wherein:  
said frame defines a bench exercise unit.

12. An exercise unit as defined in 9, wherein:  
said means includes a means for pre-loading.

13. A bench exercise unit comprising:

a frame;

a seat positioned on said frame;

a resistance engine utilizing resilient bands and including means for providing a constant load;

at least one movable arm;

an actuator attached to said resistance engine and said arm for use by a user in effecting an exercise motion.

14. A bench exercise unit as defined in claim 13, wherein:  
said at least one arm is movable in one dimension.

15. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in two dimensions.

16. A bench exercise unit as defined in claim 13, wherein said at least one arm is movable in three dimensions.

17. A bench exercise unit as defined in claim 13, wherein:  
said actuator is a cable; and

said cable is attached to said resistance engine by a cable pulley

system.

18. A bench exercise unit as defined in claim 17, wherein:  
said means for providing a constant load is a spiral pulley.

19. A bench exercise unit as defined in claim 13, wherein:

means for interconnecting said arms to allow both arms to move upon the repositioning of one of said arms.

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